



National Women's Health Week

May 14–20, 2006

For Mother's Day, give Your Favorite Woman something she'll really appreciate: Time with you and the gift of a healthy habit...

Take Her for a Walk

Free Mother's Day Walking Packets include:

Mother's Day Card

Women Lead the Way Walking Journal

Walkability Checklist

Walking Tips

Pedometer*

* available only to the first 500 people who request a packet

Contact us for your free packet:

402-471-0158 or 877-257-0073

officeofwomenshealth@hhss.ne.gov

www.hhss.ne.gov/womenshealth/NWHW.htm

Packets made available to you by:



Nebraska Office &
of Women's Health

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM

